

A Bitter

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Dosage	References
1,2,11,13,2,3'-HEXAHYDROVERNODALIN	2.4 ug	*
11(S),13-DIHYDRO-8-DEOXYLACTUCIN	1.1 ppm	*
11(S),13-DIHYDROLACTUCIN	1.4 ppm	*
11(S),13-DIHYDROLACTUCOPICRIN	0.2 ppm	*
4,15-DIHYDROVERNODALIN	0.8 ug	*
8-DEOXYLACTUCIN	1.1 ppm	*
AMYGDALIN	--	*
ARCTIOPICRIN	--	*
CORNINE	--	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
HYDROXYVERNOLIDE	1.0 ug	*
LACTUCIN	1.7 ppm	*
LACTUCOPICRIN	0.5 ppm	*
MARRUBIIN	(gentian)	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
TAMARINDIENAL	--	*